MY DARKEST DAYS
Sick and Twisted Affair

MATT

SICK AND TWISTED AFFAIR

Music and Lyrics by Matt Walst, Joey Moi, Ted Bruner
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There's no reflection when you look in the mirror
You're out for blood and you can smell the fear
You need poison
Like it's the only thing that keeps you alive
You hear voices
They just keep telling you, you need me tonight

She hides until twilight
Then she takes control

I'm just your dirty little drug
And you never get enough
Just a little bad habit that you hide from your friends
I'm just your dirty little drug
And you never get enough
You said you didn't want it
But you're in a sick and twisted affair

You won't be alone tonight
A sick and twisted affair
You won't be alone tonight
A sick and twisted affair

I'll give you wings when you're free falling
I'm in your dreams I'm the creature calling
You grow colder
I am the only thing that keeps you alive
Can't stay sober
One taste and it can take
control of your life

She hides until twilight
Then she takes control

I'm just your dirty little drug
And you never get enough
Just a little bad habit that you hide from your friends
I'm just your dirty little drug
And you never get enoug
You said you didn't want it
But you're in a sick and twisted affair

You won't be alone tonight
A sick and twisted affair
You won't be alone tonight
A sick and twisted affair

I'll get you high when you need it the most
I'll get you high when it takes control..

I'm just your dirty little drug
And you never get enough
Just a little bad habit that you hide from your friends
I'm just your dirty little drug
And you never get enough
You said you didn't want it
But you're in a sick and twisted affair

You won't be alone tonight
A sick and twisted affair
You won't be alone tonight
A sick and twisted affair

SAVE YOURSELF

Music and Lyrics by Matt Walst, Joey Moi, James Michaels
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I'm the devil's son straight out of hell
And you're an angel with a haunted heart

If you were smart you'd run and protect yourself
From a demon living in the dark

There's nothing to be gained
cuz I can never change
And you can never understand
my sickness
I'll never understand my sickness

Save yourself
From a life full of lies
And heart full of pain and sorrow

Save yourself
From the choices I make
cuz nothing but failure follows me
Save Yourself

You're the perfect drug
When it hurts like hell
I've never needed anyone so much
There's no one else I love
And I curse myself
Cuz the right thing is to give you up

I'm overcome by shame
cuz I can never change
And you can never understand
my sickness
I don't understand my sickness

CASUAL SEX

Music and Lyrics by Matt Walst, Joey Moi, Ted Bruner
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You'll never meet my mom
Strings will never be attached
We'll always get along
Cause it doesn't have to last
And anytime I call
You don't have to call me back
I'm never gonna fall
But I'm never hard to catch

She said she's cool with it
She's down with it
There's nothing wrong with it
Cause it's easier this way
She's so cool with it
She's down with it
There's nothing wrong with it
Don't want it any other way

It's just your typical, hardcore, casual sex
We're single but we're lovers
Crazy for each other
Just your typical, hardcore, casual sex
We're wild under the covers
Crazy for each other

We don't have to go on dates
You don't have to like my friends
I won't get in your face
When you're making other plans
If you're tired of the taste
You can try another blend
My heart will never break

I'm just here to break a sweat
Repeat Pre-Chorus

Everybody wants a lover like that
Fire under the covers
Crazy for each other

NATURE OF THE BEAST

Music and Lyrics by Matt Walst, Joey Moi, Jeff Johnson
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Your needs need attention
I'm blinded by the truth
Let me release the tension
It's taken hold of you

It's only natural
To free the animal
Locked up inside

The nature of the beast is
You want it
Nature of the beast is
I do too
Let's unleash and cut the creature loose
It's the nature of the beast in you

You wrap yourself around me
You're tightening the noose
Trapped in the cage surrounding
The sinful side of you

It's only natural
To free the animal
Locked up inside

The nature of the beast is
You want it
Nature of the beast is
I do too
Let's unleash and cut the creature loose
It's the nature of the beast in you

It's only natural
To free the animal
Locked inside you…

The nature of the beast is
You want it
Nature of the beast is
I do too
Let's unleash and cut the creature loose
It's the nature of the beast in you

The nature of the beast is
You want it
Nature of the beast is
I do too
Let's unleash and cut the creature loose
It's the nature of the beast in you

PERFECT

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I was fine right before I met her
Never hurt and nothing could control me
You know I tried but I can't regret her
She's the first, ask anyone who knows me
Terrified that she'd find my heart and break it
Paralyzed by the thought of her with someone else

I wish I would have known…

I shouldn't have fallen in love with her
It's been nothing but trouble till now
I shouldn't have fallen in love at all
But I couldn't stop myself
(I've got to let her go)
What gives her the right
To tear up my life
How dare she be so perfect
What did I do to deserve this
(I've got to let her go)
How dare she be so perfect

Tell me why, tell me why…
You started the fire
And played me like that
Tell me why, tell me why…
You started the fire
And played me like that

I haven't cried since the day she left me
Cause that would mean that I admit it's over
I tell myself that she's trying to test me
She'd never leave she still needs me to hold her

Horrified cause she found my heart and broke it
Mortified when I picture her with someone else

I wish I would have known…

I shouldn't have fallen in love with her
It's been nothing but trouble till now
I shouldn't have fallen in love at all
But I couldn't stop myself
(I've got to let her go)
What gives her the right
To tear up my life
How dare she be so perfect
What did I do to deserve this
(I've got to let her go)
How dare she be so perfect

Tell me why, tell me why…
You started the fire
And played me like that
Tell me why, tell me why…
You started the fire
And played me like that

SAT

DOUG

AGAIN

Music and Lyrics by Matt Walst, Joey Moi, Ted Bruner
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We can try and talk but the
fighting always gets in the way...
The crying never stops cause the
fighting always gets in the way
There's no need to clean it up
cause it's all running down the
drain…
Everything is lost when it's all
running down the drain…

We turn harmony into silence
Over love… the love… the
love… the love
Which led harmlessly into
violence…
Over love… the love… the
love… the love

Hearts will always break
They're fragile in design

But I went and messed it up
I've gone and done it
I always hurt somebody when I
fall in love
And that's just how it goes
I went and messed it up again..
I've gone and done it
I said it wouldn't happen again..
That's just how it goes
I said it wouldn't happen again
It's how it always goes
I said it wouldn't happen again

We pretend to get along but the
smiles getting harder to fake
It's tough to play along when the
smiles getting harder to fake
We're saying nothing's wrong all
the while fading further away
Each day we carry on all the
while fading further away

We turn harmony into silence
Over love… the love… the
love… the love
Which led harmlessly into
violence…
Over love… the love… the
love… the love

Hearts will always break
They're fragile in design

I said it wouldn't happen again…
All the long nights that I missed
I said it wouldn't happen again…
All your painful loneliness
I said it wouldn't happen again…
All the broken promises
I said it wouldn't happen again…

It's how it always goes

I went and messed it up
I've gone and done it
I always hurt somebody when I
fall in love
And that's just how it goes
I went and messed it up again…
I've gone and done it
I said it wouldn't happen again…
That's just how it goes
I said it wouldn't happen again...
It's how it always goes
I said it wouldn't happen again…
I said it wouldn't happen again

GONE

Music and Lyrics by Matt Walst, Joey Moi, Jeff Johnson
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You're out all night
How long can I wait
To justify another cold embrace
You're love is a lie
And I can tell by your face
I've made up my mind…
And I've accepted our fate

So long..
I can read between the lines
Two wrongs..
Couldn't ever make it right
Now I'm gone
Gone, I'm gone
Yea I'm moving on
On.. I'm gone
Yea I'm moving on…

Where did our love...
Where did our love...
Where did our love go?

Where did our love...
Where did our love...
Where did our love go?

You won't pick up the phone
When I know you're with him
And you smell like cologne
It's all over your skin
You keep looking away
When you're talking to me
And you said you would
change…
But I just can't believe

So long..
I can read between the lines
Two wrongs..
Couldn't ever make it right
Now I'm gone
Gone, I'm gone
Yea I'm moving on
On.. I'm gone
Yea I'm moving on…

You will never break my heart
again
You said forever and you'd always
be there till the end
You will never break my heart
again
But you'll come running when it
happens to you in the end
The end… the end…

When he's out all night…how
long will you wait?

So long…
I can read between the lines
Two wrongs…
Couldn't ever make it right
Now I'm gone
Gone, I'm gone
Yea I'm moving on
On.. I'm gone
Yea I'm moving on…

You will never break my heart
again
You said forever and you'd always
be there till the end
You will never break my heart
again
But you'll come running when it
happens to you in the end
The end… the end…
The end… the end…

Where did our love...
Where did our love...
Where did our love go?

You're out all night… how long
can I wait...

LOVE CRIME

Music and Lyrics by Matt Walst, Sal Coz Costa, Doug Oliver, Reid Henry, Brendan McMillan, Cody Hanson
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Some say love is blind
Some lovers live in lie
She meant the world to me
I found my one and only
Felt no guilt inside
Can't tell wrong from right
She stole my soul from me
Her heart is cold and empty

Turn around and run away…

Get out alive
Before she goes and makes
another
Victim of a love crime
Of a love crime

I paid the price
So she could go and make
another
Victim of a love crime
Of a love crime

Her smile you can't resist
There's poison on her lips
Disguised as an angel
One night could be fatal
Next victim on her list
Gets caught with just one kiss
He'll never see it coming
To her love is nothing

Turn around and run away...

Get out alive
Before she goes and makes
another
Victim of a love crime
of a love crime

I paid the price
so she could go and make
another
Victim of a love crime
Of a love crime

Turn around and run away...
Turn around and run away...

Get out alive
Before she goes and makes
another
Victim of a love crime
Of a love crime

I paid the price
So she could go and make
another
Victim of a love crime
Of a love crime

BRENDAN

RETD

MY DARKEST DAYS THANKS:

Joey Moi, Chad Kroeger, Kevin "Chief" Zaruk, Scott Cooke, Bradlee Kind, Bonnie McGrew, Bryan Layfield, Janice Staub, Julian Gruhl, Adam Gontier, Brad Walst, Neil Sanderson and Barry Stock, Chris Zakoor. Chris Morrison, Sparky, Colin, Ron Shipes, Jus, Fabrizio Delmonte, Austin, Blower, Cody, Mike and Mark of Hinder, Ryan Gorman, Darren Keddy, Shaun, John Santos, Chizzy, Battle, Art, Joey Fro, Patrick "Murphy" Antaya, Jeff Bidgood, Ted Bruner, James Michael, Nickelback, Three Days Grace, Seether, Bush, Papa Roach, Saving Abel, Buckcherry & all the bands we've ever toured with, John 5, Ron Jeremy, Heidi Murphy, everyone at Island Def Jam, Barry Weiss, Steve Bartels, David Massey, Evan Lipschutz, Eric Wong, Sharon Timure, Russell Fink, Joseph Pepin, Jerry Juste, Jazmine Valencia, Zack Atkinson, Kristin Yiengst, Andrew Zaeh, Mildred Delamota, Donna Fetchko, everyone at Universal Canada, Mima Agozzino, Steve Nightingale, Randy Lennox, Paul Jessop, Tony Szambor, everyone at 604 Records, Jonathan Simkin, Julie Baldwin, Kesi Smith, Chris Taylor at Taylor Mitsopulos Klein Oballa, Randy Staub, The Agency Group, Ralph James, Steve Kaul, Zaed Maqbool, Mike Graham, Brooks Roach, Jeremy Clark at Band Wagon, Dave Schwartz, Redge Adolph and Mike Farris at Pearl Drums, Chad Brandolini at Vater, Brent Hamilton and Matt Larsen at Monster Energy, Tina Simpkin at Gibson Guitars, Erik Baker, Jeff Ojeda from Harmonic Concepts, Radio Starmaker Fund, Am Gueye and Scott Uchida at Dunlop, Terry Ryan and Karen McLellan at Sabian, Erin Aschow at Mesa Boogie, Mike Taft at Ibanez, Adam Grayer, Steven Puete and Joe Kresta at Jagermeister, Steve Brand, Pete Duvyduck, Barb, Derek Books at Ernie Ball, Chad Vogelsong at JVC, Clear10 Vodka, The "MDD Addicts" Dr. Ryan Venier, Kage, Book, Shona, Al, Patty, Leeper, Carmichio, Jesse, Sanders, Obb, Tom P, Heffy, J and B Beggs, Rob Croft, Chris Millar, Brandon Ptolemy, Kevin Austin, Mango, Hoogie and a big thanks to anyone we missed!

MATT THANKS:

I'd like to thank my parents Lou and Karol Walst for bringing me into this world and being the best parents a kid could ever have. My brother Brad for being a great role model for me throughout my life. Rhonda, James, Graydon and Zak Walst I love you guys. Joey Moi for helping me learn and making me the best artist I can be. Chad Kroeger for teaching me how to rock. Ted Bruner for showing me the Robot!! Chief and Bonnie for always choosing the best path to take. Janice and Bryan at Yaletown making sure I don't blow my cash. David Massey, Evan L., David McGilvray and our family at the best label in the world – IDJ. Jonathan Simkin and everyone at 604 records. Chris Taylor, Scott Cooke, Heidi Murphy, Bradlee Kind, and Mountain View Studio! The Agency Group Steve Kaul, Brooks Roach, Ralph James and Zaed Maqbool for getting us on stages!! 3DG Neil, Barry and Adz you guys rock! Jeff Billy Bidgood for always getting us to our shows safe. Chizzball, Joe Fro and Murph for putting up with our sh*t. PopKorn and James, Hinder Crew! Nicole Bowser, Jeff Johnson. I would like to thank everyone who has been supportive over the years and for all the love from our fans. My brothers in MDD I thank you for rocking. I dedicate this album to my nephews and the future of the Walst Rockers.

SAL THANKS:

I would like to thank all my awesome sponsors - Gibson & Kramer Guitars, Orange Amps, KRK, Cerwin-Vega!, Toontracks, Dunlop, and Monster Energy. My band - Matt, B, Reid, and Doug - love you guys. Special thanks to Brad & Rhonda for letting us jam relentlessly at your place... My good friends Bret Michaels, Pete Evick, Chuck, Ray, and the entire Poison camp - thanks for letting me rock out with you guys so much this year. I'm glad I met you all. The entire Hinder, 3DG, and Nickelback camp for always being so much help. Paula D at Hype. Brian Glenn and the entire RoadEatz crew. Ron Jeremy for sharing your love for animals with me. Our crew - Joey, Murph, Billy, PopKorn, Chizzy, Art, & Battle. Everyone at Island Def Jam, 604, CHIEF, The Agency Group, and Yaletown for always being so cool. ALL the fans for being so dedicated. The 'Jackies', Mich & Noah, Mick & K, Tara & Glenn, Joey & Sondra, and Karen Bliss for being the best friends I could ever ask for - truly. Special thanks to my new family Mir, Nate & Stace. You guys have been incredible. My sisters Cathy & Monique for all the advice you've shared, and for always being there no matter what. Walter & Wassim for being the older brothers I never had. Sienna, Emma, and Calista for letting me poke your noses and letting me kiss you to death whether you like it or not. Tyson - RIP little man. I miss you. Nonna & Nonno for your constant love and support. Mom & Dad for being such a strong support system throughout each stage of my life, and letting me dream big. Finally – Jaim, I want to thank for being my best friend, my heart, my soul, the reason I smile, and for all the memories you've created for me. I love you more than you could ever imagine. Don't ever change. Stay just the way you are.

DOUG THANKS:

I would like to thank my mother Anne Oliver, my father Doug Oliver Sr. without the two of them I would never have been able to follow my dreams!!! I wanna thank my beautiful and talented Rock and Roll Girlfriend, Ashley Wright, for not killing me yet ha ha and sticking by me!!! My band - Matt Walst, Reid Henry, Brendan McMillan, Sal Costa, for being great friends-but most importantly (BROTHERS) that never gave up on each other! Sticking it out through the ups and downs!!! To me this is a real band!!! My sister, Tracy Oliver, Anthony David, Braxton and Jayda, Chris Lynch, and everyone who has supported me and the band along the way!! Brad and Rhonda Walst for supporting us and giving us somewhere where we can rock out!! So big thanks to u guys!!! We love you!!! LOVE U ALL!! AND I THANK YOU!!!

BRENDAN THANKS:

First of all I would like to thank my parents, Rick and Brenda, for all their support - especially when I show up after weeks with a tour bus to park at home. Matt, Brad and Rhonda Walst, Eva and Harold Hollander, Steve Craven, Chris and Brit for always letting me crash at your places. Uncle Jim and Aunt Brenda for always being supportive of the band, even if it is a little loud for your taste. Thanks to the whole family for coming out to the shows and singing along. Especially Mariah, for her awesome dance moves. Melissa, for being there for me and helping me do what I have to. You are the best woman a man could ask for! Chizzy, for being a true friend and for helping me when you really didn't have to. Jeff, for being the best getaway driver. Joey, for your endless work. Murph, for always going above and beyond. Arvole, for all the Pro Tools help. Battle, for showing me the ropes. Chief, Joey, Bonnie, Janice and Bryan for helping us along the road. Most of all I thank my band for being my best friends and the baddest motherf**kers around. If I missed anyone, thank you, too!

REID THANKS:

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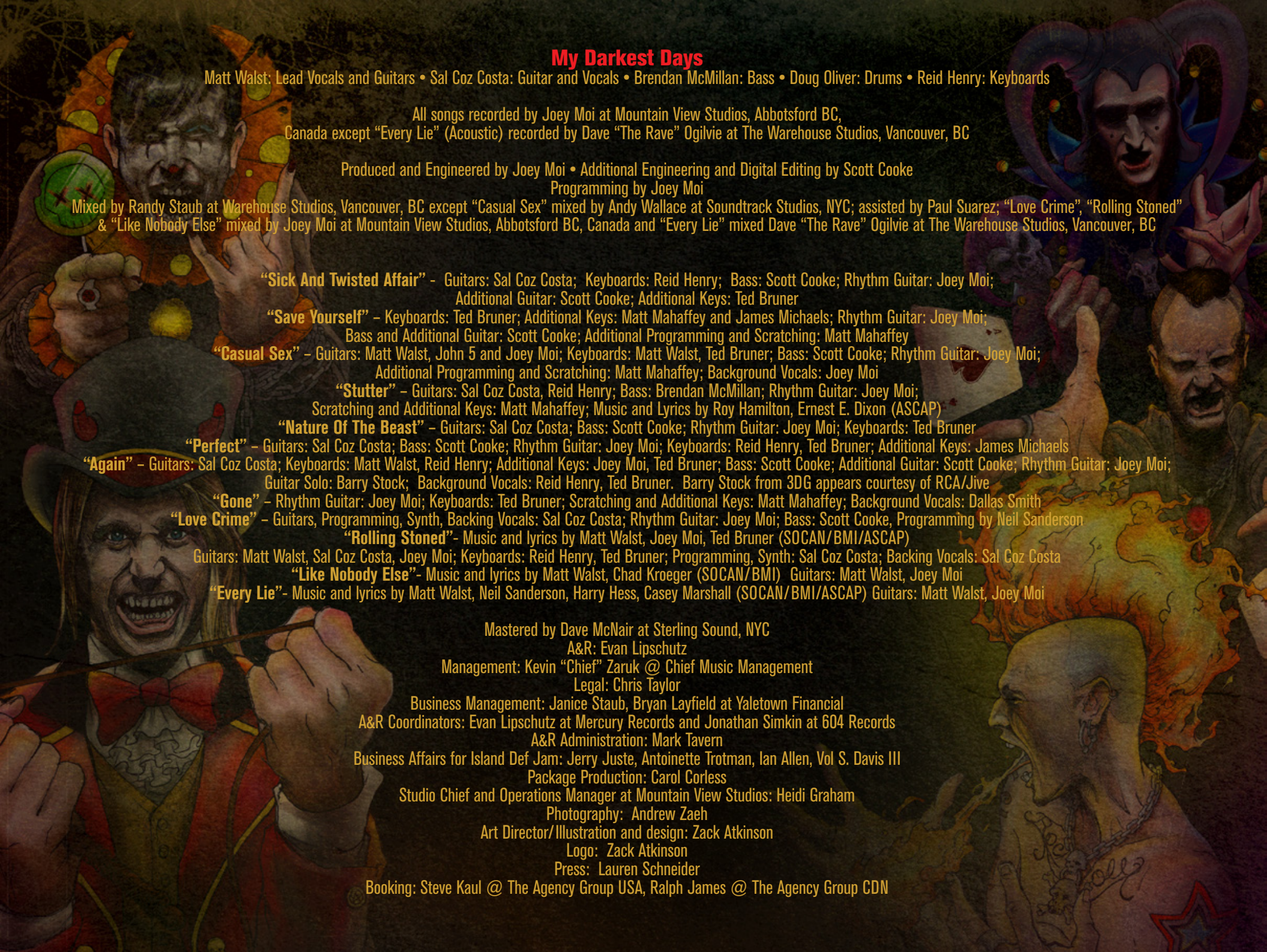

My Darkest Days

Matt Walst: Lead Vocals and Guitars • Sal Coz Costa: Guitar and Vocals • Brendan McMillan: Bass • Doug Oliver: Drums • Reid Henry: Keyboards

All songs recorded by Joey Moi at Mountain View Studios, Abbotsford BC,
Canada except "Every Lie" (Acoustic) recorded by Dave "The Rave" Ogilvie at The Warehouse Studios, Vancouver, BC

Produced and Engineered by Joey Moi • Additional Engineering and Digital Editing by Scott Cooke
Programming by Joey Moi
Mixed by Randy Staub at Warehouse Studios, Vancouver, BC except "Casual Sex" mixed by Andy Wallace at Soundtrack Studios, NYC; assisted by Paul Suarez; "Love Crime", "Rolling Stoned" & "Like Nobody Else" mixed by Joey Moi at Mountain View Studios, Abbotsford BC, Canada and "Every Lie" mixed Dave "The Rave" Ogilvie at The Warehouse Studios, Vancouver, BC

"Sick And Twisted Affair" - Guitars: Sal Coz Costa; Keyboards: Reid Henry; Bass: Scott Cooke; Rhythm Guitar: Joey Moi;
Additional Guitar: Scott Cooke; Additional Keys: Ted Bruner
"Save Yourself" – Keyboards: Ted Bruner; Additional Keys: Matt Mahaffey and James Michaels; Rhythm Guitar: Joey Moi;
Bass and Additional Guitar: Scott Cooke; Additional Programming and Scratching: Matt Mahaffey
"Casual Sex" – Guitars: Matt Walst, John 5 and Joey Moi; Keyboards: Matt Walst, Ted Bruner; Bass: Scott Cooke; Rhythm Guitar: Joey Moi;
Additional Programming and Scratching: Matt Mahaffey; Background Vocals: Joey Moi
"Stutter" – Guitars: Sal Coz Costa, Reid Henry; Bass: Brendan McMillan; Rhythm Guitar: Joey Moi;
Scratching and Additional Keys: Matt Mahaffey; Music and Lyrics by Roy Hamilton, Ernest E. Dixon (ASCAP)
"Nature Of The Beast" – Guitars: Sal Coz Costa; Bass: Scott Cooke; Rhythm Guitar: Joey Moi; Keyboards: Ted Bruner
"Perfect" – Guitars: Sal Coz Costa; Bass: Scott Cooke; Rhythm Guitar: Joey Moi; Keyboards: Reid Henry, Ted Bruner; Additional Keys: James Michaels
"Again" – Guitars: Sal Coz Costa; Keyboards: Matt Walst, Reid Henry; Additional Keys: Joey Moi, Ted Bruner; Bass: Scott Cooke; Additional Guitar: Scott Cooke; Rhythm Guitar: Joey Moi;
Guitar Solo: Barry Stock; Background Vocals: Reid Henry, Ted Bruner. Barry Stock from 3DG appears courtesy of RCA/Jive
"Gone" – Rhythm Guitar: Joey Moi; Keyboards: Ted Bruner; Scratching and Additional Keys: Matt Mahaffey; Background Vocals: Dallas Smith
"Love Crime" – Guitars, Programming, Synth, Backing Vocals: Sal Coz Costa; Rhythm Guitar: Joey Moi; Bass: Scott Cooke, Programming by Neil Sanderson
"Rolling Stoned"- Music and lyrics by Matt Walst, Joey Moi, Ted Bruner (SOCAN/BMI/ASCAP)
Guitars: Matt Walst, Sal Coz Costa, Joey Moi; Keyboards: Reid Henry, Ted Bruner; Programming, Synth: Sal Coz Costa; Backing Vocals: Sal Coz Costa
"Like Nobody Else"- Music and lyrics by Matt Walst, Chad Kroeger (SOCAN/BMI) Guitars: Matt Walst, Joey Moi
"Every Lie"- Music and lyrics by Matt Walst, Neil Sanderson, Harry Hess, Casey Marshall (SOCAN/BMI/ASCAP) Guitars: Matt Walst, Joey Moi

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Legal: Chris Taylor
Business Management: Janice Staub, Bryan Layfield at Yaletown Financial
A&R Coordinators: Evan Lipschutz at Mercury Records and Jonathan Simkin at 604 Records
A&R Administration: Mark Tavern
Business Affairs for Island Def Jam: Jerry Juste, Antoinette Trotman, Ian Allen, Vol S. Davis III
Package Production: Carol Corless
Studio Chief and Operations Manager at Mountain View Studios: Heidi Graham
Photography: Andrew Zaeh
Art Director/Illustration and design: Zack Atkinson
Logo: Zack Atkinson
Press: Lauren Schneider
Booking: Steve Kaul @ The Agency Group USA, Ralph James @ The Agency Group CDN

1. Sick and Twisted Affair 2. Save Yourself 3. Casual sex 4. Stutter
5. Nature of the Beast 6. Perfect 7. Again 8. Gone 9. Love Crime 10. Rolling Stoned (bonus track)
11. Casual Sex (rock mix) 12. Like Nobody Else (mountain view remix) 13. Every Lie (acoustic)

Produced by Joey Moi
Tracks 1, 2, 4, 5, 6, 7, 8 Mixed by Randy Staub
Tracks 3, 11 Mixed by Andy Wallace
Tracks 9, 10, 12, Mixed by Joey Moi
Track 13 Mixed by Dave "The Rave" Ogilvie

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